

Coronavirus (COVID-19)



Help stop the spread

Wash your hands often with soap and water for at least twenty seconds or use a 70% alcohol-based hand sanitizer.



**20
seconds**

Avoid touching your eyes, nose and mouth, especially with unwashed hands.



**Don't touch
your face**

Turn away and cover your cough or sneeze with your sleeve or a tissue. The tissue must be disposed of immediately in the trash.



**Use a
tissue**



**Turn away
and use
your sleeve**

Practice social distancing by avoiding common areas, non-essential visits and outings. Keep at least six feet between yourself and others.



6 ft (2M)



Stay home and self isolate if you are sick, except to get medical care.



 The Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Sole responsibility of user to determine suitability of this product for their intended application.